

On the mechanism of interaction between mental states and cognitive processes in academic activity of students

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Abstract

© 2016 Prokhorov, Chernov and Yusupov. Experimental investigations of interrelation between mental states and cognitive processes are especially, important in the sphere of learning activity. Employment of their interaction mechanisms in an educational process facilitates advancement of the learning activity efficiency of the school children and students gives an opportunity for establishment of well-grounded methods of the cognitive processes activation and the mental states self-regulation during learning sessions. The study is aimed at investigation of reflexive, conceptual and dynamic properties of interaction of the mental states and the cognitive processes in the course of real learning activity of students. A dynamic system approach and an "interaction" concept were taken as major methods for investigation of the stated problem allowing to identify the psychological mechanisms of interaction between states and cognitive processes. The article shows that reflexivity and personal meaning of an educational situation mediate interrelation of the mental states and the cognitive processes of a person. There were determined psychological measurements favoring effective interaction between the mental states and the cognitive processes. They include sufficiently high level of reflexivity and personal meaning focused on the learning activity realization and solution of its tasks (process-related personal meaning). The obtained results may be of interest for the investigators studying the problem of interrelation between emotion and cognition as well as for teachers and students concerning themselves with psychological technologies in order to enhance the learning activity efficiency.

Keywords

Cognitive processes, Interaction, Learning activity, Mental states, Reflexivity